EPPING

Epping CC
Healthy Food Choices

The Epping Cricket Club provides its patrons with the opportunity to eat healthy.

The Club over the past couple of seasons is getting away from the traditional fatty take away foods and endeavouring to get patrons to get into healthy eating by providing bread, pastas muesli bars and fruit as an option.

The Club also encourages patrons to drink sports drinks and juices instead of soft drinks and alcoholic drinks.

When arranging functions catering is arranged with healthy eating in mind.

The club has provided training for a full time paid canteen manager to operate the canteen within local health authority guidelines.